



# TU' KWA HONE NEWSLETTER

**Burns, Oregon**

**February 11, 2019**

## Community news:

**February 17, 2019—  
Community Inspiration language programs storytelling project @ 2:00 p.m. Gathering Center**

We are now accepting applications from enrolled NWIHA tribal members for our 2019 Youth Scholarship Program. To be eligible, applicants must be members of an active (2019 dues paid in full) NWIHA Voting Member tribe, and must not have reached their 24th birthday by the application deadline.

Applications can be obtained by going to the NWIHA website, [www.nwiha.org](http://www.nwiha.org), and clicking on the Youth Scholarship Program header. **Please note that all applications and supporting documents must be submitted by email to [info@nwiha.org](mailto:info@nwiha.org) on or before 5:00 PM PST, March 25, 2019.** We expect that competition for these limited scholarships will be very heavy, so please advise your tribal youths to be very careful in completing the requirements exactly as prescribed, and don't wait until the last minute to submit!

All applicants, selected or not, will be notified of the NWIHA Executive Committee decisions. Successful applicants will be recognized at the Banquet Dinner to be held Tuesday evening, April 2, 2019, at the Mill Casino Hotel and RV Park in Coos Bay, OR.

Complete instructions are contained in the Application Form. Any questions can be addressed to the NWIHA at [info@nwiha.org](mailto:info@nwiha.org), or by calling (360) 220-9212.

## Chronic Disease Self Management Workshop

As the CDSM Lead we forgot to advertise this workshop in a timely manner. So we will start up the first session February 11, 2019 at the Wadatika Health Center, with a light dinner prior to starting session. If you have previously taken the class before, you are welcome to attend again. If you have any questions please contact Angie or Deborah at 541-573-8050 /8048. Hope to see you in attendance!



February 12th, 2019

At 7:00 p.m.—8:00 p.m.

HCSD #3 School Board Meeting

Will be held at the Gathering Center on the Burns Paiute Reservation.

All are welcome to attend. School administrators will give updates. Great opportunity to meet your Harney Country School District #3 board members and Superintendent. Public comments are welcomed and must be written and submitted before the meeting begins.

Thank you, Rhonda Holtby



### Burns Paiute Tribe

100 Pasigo St.

Burns, OR 97720

541.573.8016

### TRIBAL COUNCIL CONTACT:

**Chairman - Eric Hawley**

541.589.3104

### Burns Tribal Police

**Chief of Police**

Alan Johnson

541.589.1030

### Social Services Director /

ICWA Michelle Bradach

541.573.8043 / 541.413-0023

### Domestic Violence / Assault

Teresa Cowing

541.573.8053 /  
541.413.0216

### Police After hours:

**Call Frontier Regional 911**

**Non-emergency**

541.384.2080



# SCHOLARSHIP OPPORTUNITY

**Dear NWIHA Voting Member:**

We are now accepting applications from enrolled NWIHA tribal members for our 2019 Youth Scholarship Program. To be eligible, applicants must be members of an active (2019 dues paid in full) NWIHA Voting Member tribe, and must not have reached their 24th birthday by the application deadline.

Applications can be obtained by going to the NWIHA website, [www.nwiha.org](http://www.nwiha.org), and clicking on the Youth Scholarship Program header. **Please note that all applications and supporting documents must be submitted by email to [info@nwiha.org](mailto:info@nwiha.org) on or before 5:00 PM PST, March 25, 2019.** We expect that competition for these limited scholarships will be very heavy, so please advise your tribal youths to be very careful in completing the requirements exactly as prescribed, and don't wait until the last minute to submit!

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Complete instructions are contained in the Application Form. Any questions can be addressed to the NWIHA at [info@nwiha.org](mailto:info@nwiha.org), or by calling (360) 220-9212.

Thank you for your interest and support.

**NORTHWEST INDIAN HOUSING ASSOCIATION**

CONTACT THE HOUSING DEPARTMENT FOR ANY QUESTIONS

DANIELLE TAYLOR  
541-573-8008 OR 8013

# **BURNS PAIUTE TRIBE**

## **Job Announcement**

**Job Title:** Cultural Education Curriculum Liaison (1)  
**Department:** Culture & Heritage  
**Reports to:** Culture & Heritage Director  
**FLSA Status:** full-time/temporary  
**Opens:** Jan 28, 2019  
**Closes:** Open until filled  
**Salary:** \$18.00 + doe

This Candidate must pass: a pre-employment drug screen, Criminal and Character Background Check, and may be subject to fingerprinting.

### **SUMMARY OF MAJOR FUNCTION**

The Cultural Education Curriculum Liaison works both independently and as part of the Senate Bill 13 (SB13) curriculum team to develop and implement SB13 objectives and activities for the Burns Paiute Tribe. Duties include curriculum innovation and research ensuring the highest quality of lesson development. The Cultural Education Curriculum liaison will coordinate the overall planning, design, development, implementation, field-testing, and evaluation of the Burns Paiute Tribe's curriculum with tribal and state educational stakeholders.

1. The Cultural Education Curriculum Liaison will liaise with the Burns Paiute Tribe's SB13 curriculum contractor assisting curriculum development, maintain regular contact with the Oregon Department of Education and other relevant agencies regarding core standards, curriculum endorsement, and to promote implementation of Burns Paiute curriculum content.
2. The Cultural Education Curriculum Liaison will work with the Burns Paiute Tribe's SB13 curriculum contractor to develop appropriate content and assessments that meet local, state, and/or national standards.
3. Collaborates with other tribal departments to seek out and design innovative work for students.
4. Identifies learning gaps that exist in the curriculum by working with teachers that administer the curriculum. Revises and creates new lessons to address those gaps by engaging students in the content and processes as needed.
5. Aides the curriculum contractor and the Culture & Heritage Director to organize curriculum into cohesive, consistent, and coherent units.
6. Ensures the curriculum is culturally and historically accurate and adequate by working with the Culture & Heritage Department Director, and when appropriate, the Cultural Advisory Committee.
7. Plans and facilitates professional development opportunities for teachers to learn curriculum and Northern Paiute learning styles.
8. Identifies and reviews produced content and resources ensuring that appropriate copyright and intellectual property needs are met.
9. Maintains professional membership(s) and disseminates appropriate information from national and state organizations as well as from the Oregon Department of education (as applicable).
10. Reviews course content data and makes recommendations regarding revisions.
11. Works with local school districts (assisted by tribal curriculum contractor) to meet with teachers at various grade levels on the most effective curriculum practices.

12. Maintains strict confidentiality of sensitive and/or intellectual proprietary information that may present itself during the curriculum development and implementation process including but not limited to: cultural site locations, family stories, etc.
13. Plans and conducts research on teaching and learning including building and implementing a research design, data gathering, and analysis.
14. Participates in relevant Native American Education affiliations by joining in committees, conferences, classes, and workshops which provide information and support for curriculum and specific Native American educational efforts.
15. Works independently and other times collaboratively to complete short-midrange, and long-term objectives for Burns Paiute cultural curriculum development.
16. Maintains complete records of progress and outcomes of assigned project objectives.
17. Participates in and assist with project meetings and field trips related to the Burns Paiute cultural curriculum development. Prepares updates and notices of curriculum development meetings for tribal newsletter, tribal Facebook page, and other appropriate media outlets. and
18. Coordinates any scheduled Burns Paiute cultural curriculum community events.
19. Maintains an impeccable attendance record.
20. Provides regular (weekly) detailed written and verbal progress updates to Culture & Heritage Director, communicating any activities, problem areas, progress, and projected needs.
21. Assists tribal students expressing an interest in Higher education to complete college admissions applications, which may include proofreading personal statements and identifying programs of study, recommenders, and funding opportunities.
22. Receives information from existing educational organizations and agencies and disseminates as appropriate.
23. Collaborates with the Burns Paiute Parent Committee, Education Committee, Cultural Advisory Committee, and Culture & Heritage Director to define, plan, and implement new curriculum as needed. Serves as a liaison with other tribal educational organizations.
24. Other duties as assigned.

### **Disclaimer**

The above statements reflect the general duties considered necessary to describe the principal functions of the job as identified and shall not be considered as a detailed description of all the work requirements that may be inherent in the job. Other duties may be assigned.

### **EDUCATION, EXPERIENCE, LICENSES, AND CERTIFICATIONS**

- Demonstrated completion of coursework in educational curriculum and instruction, or the willingness to pursue such coursework preferred.
- Teaching and/or curriculum development experience preferred.
- Must maintain a valid Oregon driver's license or obtain one upon hire, qualify for the tribe's vehicle insurance, and provide proof of personal vehicle insurance.
- Must demonstrate proficiency in use of office equipment, personal computer, and Microsoft Office Suite of software applications.



## **MINIMUM QUALIFICATIONS**

- A. Possess a working understanding of Indigenous Great Basin cultures, and the ability to assist in the incorporation of those cultural norms into research methods and practice.
- B. Ability to work independently and as part of a team to complete assigned tasks in the time allotted.
- C. Ability to communicate effectively, both orally and in writing;(understanding and/or conversational fluency in Northern Paiute, particularly in the Wadatika dialect, preferred. Willingness to actively work toward increased Wadatika Yaduan conversational proficiency.
- D. Must have the ability to meet deadlines and handle diverse tasks simultaneously using prioritization skills.
- E. Demonstrated ability to meet professional obligations through efficient work habits such as meeting deadlines, honoring schedules, coordinating resources and meetings in an effective and timely manner, and demonstrate respect for others.
- F. Must be able to demonstrate knowledge of Native American learning styles and Native American/Tribal programs, structure, and tribal philosophies and goals.

## **ENVIRONMENTAL FACTORS**

- Continually requires the ability to express or receive detailed information or important Instructions though oral communication.
- Requires standing and/or sitting for sustained periods of time, raising objects from a lower to a higher position and/or moving objects horizontally.
- Continually requires working with fingers rather than the whole hand or arm. Requires repetitive movement of wrists, hands, and/or fingers. Often requires walking or moving about to accomplish tasks.
- Occasionally requires lifting up to 20 lbs.
- Due to the nature of interactions with other employees and the public we serve, employees may be required to provide documentation of, or receive, certain health vaccinations.
- This position is frequently subject to inside environmental conditions which provide protection from weather conditions, but not necessarily from temperature changes, and is occasionally subject to outside environmental conditions.
- Local travel is occasionally required. Travel outside of the state is infrequently required.
- Due to the nature of the position, successful applicant may be required to wrk flexible hours including some nights and weekends.

### **Indian Preference**

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of Indian applicants meeting the qualifications as listed above, all applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regard to race, color, sex, political preference, age, religion, or national origin.

**HOW TO APPLY:**

Return completed Burns Paiute Indian Tribe Application and cover letter to:

Danielle Taylor  
Interim Human Resources Director  
100 Pasigo Street  
Burns, OR 97720

Fax: 541-573-2323

Application for employment available at 100 Pasigo Street, Burns, OR 97720 Monday - Friday 8-5pm.

# After School Program @ Tu-Wa-Kii-Nobi 5-18yrs

## February

**We ask that if your child is coming to Tu-Wa-Kii Nobi please let us know where they go after.**

**We need working**

**Telephone number!**

\*\*\*\*\*

**Remind kids they need to participate and follow directions while here, Kids need to be respectful! Or they will be sent home. Call if any questions.**

\*\*\*\*\*

**Please !Please ! Don't send your child if they are sick . The staff and kids just got over the flu. Thank you!**

**Please call us prior to closing as to where kids go . Children under 10 need to have an adult at home.**

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams-YSC- 541-573-1572-

Anita Hawley YSC Asst. 573-1573

Taylor Crafts-TWKN assistant

Scott Smyth-TAPP Coord.

589-1849

Cameron -Evening Tutoring

### Monday February 11th

3:20-4:00-Shack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Shack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

### Tuesday February 12th

3:20-4:00-Shack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Shack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

### Wednesday February 13th

3:20-4:00-Shack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Shack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

6:00-8:00 Come and get your homework done-Evening Tutoring -W/Cameron

### Thursday February 14th

3:20-4:00-Shack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Valentines Treat/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

### Friday February 15th

10:00-11:00- Free Time

11:00-12:00-Reading W/Ms. Lisa /Craft

12:00-1:30- Lunch For Tu-Wa-Kii Nobi 1/2 Hr. Health Lunch with Savanna

2:00-Dr. Matt From Burns Dental Group- Taking care of your Teeth

2:30-3:30-Pow-Wow Club TBA as to location.

\*\*\*\*\*  
\*

**Kids need to bring there homework or they are to read required 20min. please if you know the kids need to work on something Math, Book report please let us know so they can use tutor time wisely.**

### Upcoming Events and Activities

**We are starting up with Pow-wow club with the help of Prevention Dept. We are encouraging the parents to come with to share your knowledge in dancing. We would like to put a program together with dancers . We need your input.**

**2/10/19- 3:00 Meet & Greet Youth council Open House**

**Please Call the office if any Questions...541-573-1572**



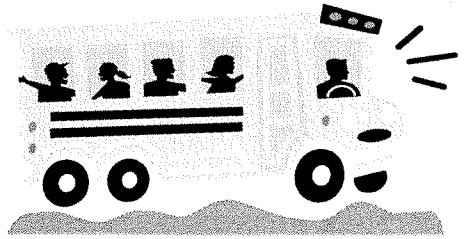
*Happy  
Valentine's  
Day*

# 2Xclusion Date 2/20/19



Parents, don't let your child get left behind!

**School Year 2018-2019**



Oregon law requires the following shots for school and child care attendance\*

A child 2-17 months entering  
**Child Care or  
Early Education** needs\*

Check with your child's program or  
healthcare provider for required vaccines

A child 18 months or older entering  
**Preschool, Child Care, or  
Head Start** needs\*

4 Diphtheria/Tetanus/Pertussis (DTaP)  
3 Polio  
1 Varicella (chickenpox)  
1 Measles/Mumps/Rubella (MMR)  
3 Hepatitis B  
2 Hepatitis A  
3 or 4 Hib

A student entering  
**Kindergarten or  
Grades 1-6** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

A student entering  
**Grades 7-10** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
1 Tdap  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

A student entering  
**Grades 11-12** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
1 Tdap  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B

*\*At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details.*

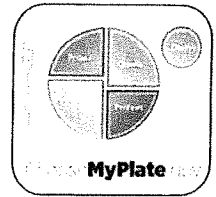




**10  
tips**  
**Nutrition  
Education Series**



# eat smart and be active as you grow



## 10 healthy tips for teen girls

Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

### 1 build strong bones

A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.



### 2 cut back on sweets

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

### 3 power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.



### 4 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.



### 5 check Nutrition Facts labels for iron

Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

### 6 be a healthy role model

Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

### 7 try something new

Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

### 8 make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day.

Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.



### 9 include all food groups daily

Use MyPlate as your guide to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

### 10 everyone has different needs

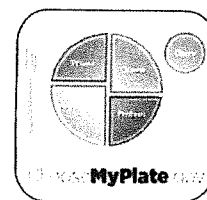
Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

**SuperTracker**

**10  
tips**  
Nutrition  
Education Series



# make better food choices



## 10 tips for women's health

**Make yourself a priority and take time to care for yourself.** ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

**1** find out what you need  
Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. **SuperTracker** provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

**SuperTracker**

**2** enjoy your food but eat less  
Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

**3** strengthen your bones  
Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.

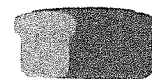


**4** make half your plate fruits and vegetables  
Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.



**5** drink water  
Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

**6** eat whole grains more often  
Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



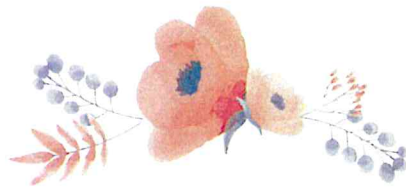
**7** learn what is in foods  
Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's **Food-A-Pedia** makes it easy to compare nutrition information for more than 8,000 foods.

**8** cut back on some foods  
Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

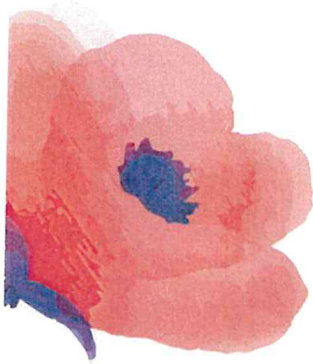
**9** be a better cook  
Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

**10** be active whenever you can  
Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.





# **Wadatika Yaduan COMMUNITY LANGUAGE GAME NIGHT**



## **Language Game Nights 2019**


**Location: Gathering Center**

**Time: 5:30-7:30pm Dinner Provided**

*If you need a ride, please give us a call! (541) 573-8097*

### **Future Dates:**

**Burns Paiute Culture &  
Heritage Department:**  
Wadatika Yaduan Language  
Program

 (541) 573-8097

### **Language Team:**

Director: Diane (541)413- 1190

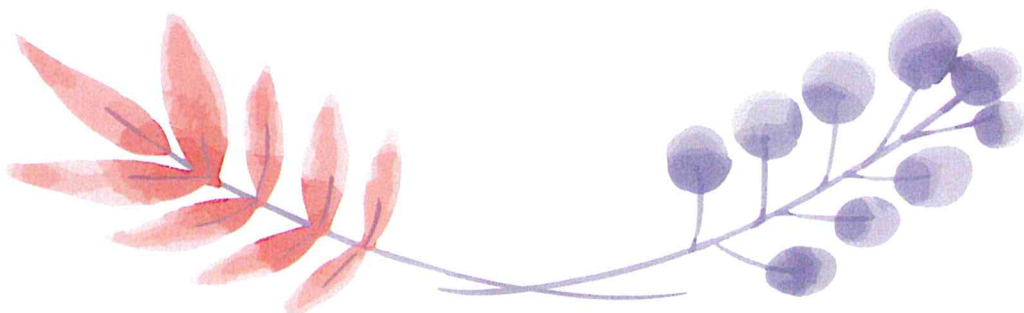
Lindsey D. (541)413-0434

Danny S.(541)413-0381


Esther C.

Charlotte R.

January 8<sup>th</sup> & 22<sup>nd</sup>  
February 5<sup>th</sup> & 26<sup>th</sup>  
March 12<sup>th</sup> & 26<sup>th</sup>  
April 9<sup>th</sup> & 23<sup>rd</sup>  
May 14<sup>th</sup> & 28<sup>th</sup>  
June 11<sup>th</sup> & 25<sup>th</sup>  
July 9<sup>th</sup> & 23<sup>rd</sup>  
August 13<sup>th</sup> & 27<sup>th</sup>  
September 10<sup>th</sup> & 24<sup>th</sup>  
October 8<sup>th</sup> & 22<sup>nd</sup>  
November 12<sup>th</sup> & 26<sup>th</sup>  
December 10<sup>th</sup> & 24<sup>th</sup>







# COMMUNITY INSPIRATION

You're Invited to participate with Wadatika Yaduan  
Language Programs Storytelling Project

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**Sunday, Jan. 27<sup>th</sup> @ 2pm - GC**

**Sunday, Feb. 3<sup>rd</sup> @ 2pm - GC**

**Sunday, Feb. 17<sup>th</sup> @ 2pm - GC**

**Sunday, Mar. 3<sup>rd</sup> @ 2pm - GC**

**Sunday, Mar, 17<sup>th</sup> @ 2pm - GC**

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**"NURTURING THE PASSION & POWER OF CREATIVE EXPRESSION"**

**NEED A RIDE? CONTACT LINDSEY D. (541)413-0434**

**SPONSORED BY COMMUNITY INSPIRATIONS GRANT &  
BURNS PAIUTE CULTURE & HERITAGE DEPT.**





# Great Basin Native Basketweavers Association

Learn the process to weave and create a

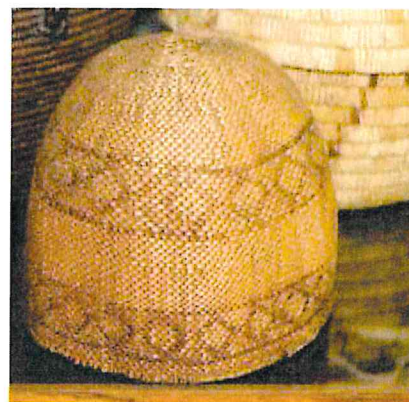
# Basket Hat

**February 16 & 17, 2019**

**9:00 am-5:00 pm**

**Pyramid Lake Jr/Sr High School**

**+ Potluck Luncheon +**  
**Please bring a dish to share**



## Come Prepared Please Bring:

- ♦ About 120-160 fine, 15-20" long, 1/8<sup>th</sup> wide at base, scraped willow rods.
- ♦ 30 willow threads at least 1 yard long and each about 1/4 to 1/8" wide or commercial caning.
- ♦ A small tub to soak willows & other material.
- ♦ Small clippers, scissors.
- ♦ An Awl.
- ♦ Small paring knife for scraping and sizing.
- ♦ Spray bottle and/or sponge.
- ♦ An Apron and Lap towel(s) are helpful.

## Great Basin Native Basketweavers Association Mission:

*Our goal is to revive, enhance, and promote the traditional art of basket making handed down throughout the Great Basin Region.*

*The Great Basin area stretches from the South area of Death Valley, California, up to the middle of Oregon, from the Sierra Mountains clear across to the Great Salt Lake.*

*All Tribes within the Great Basin region including Washoe, Shoshone, Northern and Southern Paiute, Goshute, Ute, Bannock, Mohave, and Chemehuevi tribes.*

*A need to strengthen and retain our traditional art of baskets is a must, and we gather here today to call ourselves the Great Basin Native Basketweavers Association, with the intent and purpose of keeping the baskets alive for another thousand years.*



## Pyramid Lake Museum & Visitors Center

709 State Street

Nixon, Nevada 89424

Phone (775) 574-1088



[www.pyramidlake.us](http://www.pyramidlake.us)

[www.pyramidlake.us/pyramid-lake-visitor-center.html](http://www.pyramidlake.us/pyramid-lake-visitor-center.html)

## GBNBA Information:

**Leah Brady**

**775-340-2833**

**[www.gbnba.org](http://www.gbnba.org)**

Email:

[gbnativebasketweavers@gmail.com](mailto:gbnativebasketweavers@gmail.com)

*Teen Valentines Dinner  
At the Gathering Center  
On February 22, 2019  
At 5:30*



*Teens are allowed to bring a date  
Please let us know if you are going  
to attend, We hope to see you there!*

*Domestic Violence &  
Sexual Assault Program  
Office 541-573-8053 or 541-413- 0216*





# WISDOM WARRIORS

## Chronic Disease Self-Management Program

### Empowering Individuals To Help Themselves And Others

- **1 day a week, 2.5 hour** class for **6 weeks**.
- **Free book** upon completing the course.
- The class is for anyone with a **chronic illness** or those **caring** for someone with a **chronic illness**.
- Topics include: Pain & Fatigue Management, Making Action Plans to set and achieve goals, Problem Solving, Dealing with Difficult Emotions, Healthy Eating, Communication Skills, Working with Your Health Care Provider.

## CLASS OFFERINGS

**Where:** Wadatika Health Center conference room

**When:** February 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup>; March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Time:** 5:00 pm to 7:30 pm

For more information or to sign up please call or email:

Angela Smartt at 541-573-8048 or [smarttaj@burnspaiute-nsn.gov](mailto:smarttaj@burnspaiute-nsn.gov)

Deborah DeLaRosa at 541-573-8042 or [Deborah.delarosa@burnspaiute-nsn.gov](mailto:Deborah.delarosa@burnspaiute-nsn.gov)

## Chronic Disease Self-Management Program

**What Exactly Is a Chronic Health Condition?** Health problems can be characterized as either “acute” or “chronic”. **Acute health** problems usually begin suddenly (cold, flu, and appendicitis) have a single cause, are often easily diagnosed; last a short time and get better with medication, surgery, rest and time. Most people with acute illnesses are cured and return to normal health.

**Chronic illnesses** are different. They usually begin slowly and proceed slowly. For example, a person may slowly develop blockage of the arteries over decades and then might have a heart attack or a stroke. Arthritis general starts with a brief annoying twinges that gradually increase. Unlike acute disease, chronic illnesses usually have multiple causes that vary over time. These causes may include heredity, lifestyle (smoking, lack of exercise, poor diet, stress, and so on), and exposure to environmental factors such as secondhand smoke or air pollution and to physiological factors such as low levels of thyroid hormone or changes in brain chemistry that may cause depression.

### Self-Management Problems for Common Chronic Conditions

	Possible Problems Caused by Chronic Conditions				
Chronic Condition	Pain	Fatigue	Shortness of Breath	Physical Function	Difficult Emotions
Anxiety/Panic Disorder		X	X	X	X
Arthritis	X	X		X	X
Asthmas and Lung Disease		X	X	X	X
Cancer	X	X	X	X	X
Chronic Heartburn and Acid Reflux	X				X
Chronic Pain	X	X		X	X
Congestive Heart Failure		X	X		X
Depression		X		X	X
Diabetes		X		X	X
Heart Disease	X	X		X	X
Hepatitis	X	X			X
High Blood Pressure					X
HIV Disease (AIDS)	X	X	X	X	X
Inflammatory Bowel Disease	X				X
Irritable Bowel Syndrome	X				X
Kidney Stones	X				X
Multiple Sclerosis	X	X		X	X
Parkinson’s Disease	X	X		X	X
Peptic Ulcer Disease	X				X
Renal Failure		X			X
Stroke		X		X	X

*Living a Healthy Life with Chronic Conditions – Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and other Physical and Mental Health Conditions.*



# PARENTING CLASSES WITH A FOCUS AROUND ADDICTION AND RECOVERY



## Come Learn more about Parenting with a Positive Focus

- Practice Self-Care
- Have Fun as a Family
- Focus on the Positive
- Build a Sense of Community
- Accept and Validate Feelings
- Assume Flexible Family Role

Starts February 26, 2019 it is a 17-week program, there is only 10 slots sign up soon, so you have a spot.



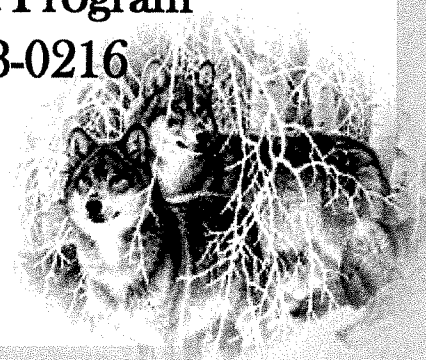
**BURNS PAIUTE A&D PROGRAM**  
Spirit Warriors  
541-573-8003



## **Domestic Violence Red Flags**

1. Jealousy-uses jealousy as a sign of love
2. Intimidation-induces fear
3. Domination-sets all the rules
4. Fault Finding-passes judgement and constantly criticizes
5. Possessive-treats partner like property
6. Disrespect-has negative attitudes about women or other partners
7. Controlling-makes all decisions
8. Play fighting- horsing around, testing the waters
9. Entitled-believes they have the right to say or do whatever
10. Hypocrite-has different standards and rights for self than others
11. Isolation-keeps friends or family away
12. Stalking
13. Perpetrator drug or alcohol misuse
14. Perpetrator unemployment
15. History of being abusive
16. Quick involvement-says "I love you" early in the relationship

**Domestic Violence & Sexual Assault Program**  
**Office 541-573-8053 Cell 541-413-0216**



Proposed Addition to Eligibility, Admissions & Occupancy Policy  
(alcohol and drug section) Please contact The Housing  
Department with any questions or concerns. 541-573-8008

An applicant selected from the waiting list to occupy BPHD owned or managed units shall have to pass a drug screening test before a Dwelling Lease between the BPHD and the selected applicant is signed. The test will be paid for and arranged by the BPHD with the Burns Paiute Tribal Clinic. The applicant and other members of the applicant's household over the age of eighteen will be tested for the use of any controlled substances such as, cocaine, opiates, marijuana, amphetamines, and phencyclidine (PCP) or the metabolites and any other substance included in Schedules I through V, as defined by the Controlled Substances Act, 21 USC 812, as they may be revised from time to time.

A person commits the violation of inhalation of toxic fumes which shall include the fume and vapors from any drug or noxious substance or chemical containing ketones, aldehydes, organic acetates, ether, toluene, chlorinated hydrocarbons or other substances containing solvents or other matter releasing or having the propensity to release toxic vapors including fingernail polish remover, model glue and lighter fluid. This violation will be an automatic eviction from HUD Housing.

## SMOKE FREE TRIBAL HOUSING POLICY

### PURPOSE

The purpose of this policy is to support the Burns Paiute Tribe Tobacco Policy to promote smoke free areas and reduce the risk of second hand smoke to residents in the Burns Paiute Tribe Housing Community. The elderly and young populations, as well as people with chronic illness, are vulnerable to the health effects of second hand smoking. It is possible for the environmental tobacco smoke to migrate between units in multifamily housing, causing respiratory illness, heart disease, cancer, asthma, and other adverse health effects for those living in neighboring residences. The health of our people is of upmost importance and it is the responsibility of the Tribe to create healthy social norms for our community and our youth sending a message that commercial tobacco use is harmful to the body. Further, it is an effort to prevent any physical wear and damage caused by smoking to the Tribal housing units. All tenants, employees and guests within the housing community shall be subject to this policy.

### IMPLEMENTATION

- Second hand smoke is the smoke that comes from the burning of end of a cigarette, pipe, cigar, but not to exclude electronic cigarette, hookah, vapor devices, and electronic smoking devices (ESD) is exhaled from the lungs of the smoker.
- Commercial tobacco use is the leading cause of the preventable death and disease and American Indian and Alaskan Native people suffer serious health consequences including heart disease and cancer.
- It is recognized that smoking is dangerous to the health of the smoker. Tobacco smoke in a confined area also creates a health hazard to non-smokers, especially those suffering from heart disease, respiratory disease, or allergies.
- Second-hand smoke is a health hazard to all individuals and violated their privilege of breathing air free from tobacco smoke contaminants. Vaping (also known as e-cigarettes, hookas, etc.) creates an aerosol of exhaled nicotine, ultra-fine particles, volatile organic compounds, and other toxins. Chemicals identified in Electronics Smoking Devices (ESD) include carcinogens and reproductive toxins.
- Smoke-filled homes result in higher rates of respiratory disease, lower work productivity, higher cleaning and maintenance costs, increased health insurance rates, and increased liability claims for diseases related to secondhand smoke exposure.
- It has been determined by the U.S. Surgeon General that there is no safe level of exposure to secondhand smoke, air ventilation systems do not work, and that only completely smoke free environments can protect health.



- Additional cost to upkeep housing vacated by smokers includes but is not limited to paint to cover smoke stains, cleaning the ducts, replacing stained curtains and blinds, removing carpeting that has been cigarette burned with smoked filled odor, to make a unit move in ready. Therefore a non-smoking policy is another good approach to reduce cost.
- Tenants will be given two copies of the smoke free policy. After review, the tenant will sign both copies and return to Tribal Housing and be placed in the tenant's file.
- All housing units, building and facility are considered non-smoking areas. It is the responsibility of the residents to make sure no one smokes inside the housing units.
- Smoking is allowed outside at designated smoking areas or permitted 25 feet from Community Park, playground, and other common use facilities. Therefore, secondhand smoke will not enter the building or area, nor will residents or guests have to walk through secondhand tobacco smoke to enter or leave the building, adjacent buildings, or area. All cigarette or cigar butts must be placed in an appropriate non-combustible container and not thrown on the ground.
- It is the obligation of each resident to demonstrate responsible actions by showing respect for their housing costs by maintaining proper care and upkeep of their unit and surrounding areas.



# Kintsugi

## *Disability Support Network*

INVITES YOU TO OUR

# ***PARENT GROUP***

on the first Monday of every month to connect  
and share as parents/caregivers raising  
children with disabilities.

**NEXT MEETING IS MON 2/4  
12:00-1:00PM  
AT BELLA JAVA  
314 N. BROADWAY AVE. BURNS**

Contact Colleen or Jennifer with questions!  
[jennifer@codsn.org](mailto:jennifer@codsn.org) or 541-238-2263  
[colleen@codsn.org](mailto:colleen@codsn.org) or 541-241-8989



# BREAKING BARRIERS

## LIFE BEYOND LABELS

### 2019 CONFERENCE

Creating a truly inclusive society, where all people will  
enjoy a fulfilling and self-directed life beyond labels.

**Friday, April 26, 2019**  
**9:00 am - 4:00 pm**

**Deschutes County Expo Center**  
**Sisters Conference Center**  
3800 SW Airport Way  
Redmond, OR 97756

\$50 Registration  
(Scholarships available for  
self-advocates and families)



#### **Zach Anner**

Award-winning  
comedian, show host,  
TV writer, viral  
sensation, disability  
advocate and public  
speaker.

[www.breakingbarriersoregon.com](http://www.breakingbarriersoregon.com)  
**Questions? Call: 541-548-8559**



**Brought to you by:**

Autism Society of Oregon | Central Oregon Disability Support Network | Deschutes County | FACT Oregon | Full Access High Desert | High Desert  
Education Service District | High Desert Self Advocates | Opportunity Foundation | Oregon Council on Developmental Disabilities | Oregon  
Department of Education | Oregon Department of Human Services - Employment First Initiative | Redmond School District | United Cerebral Palsy  
Vocational Rehabilitation Services | Oregon ABLE Savings Plan



# Frito Pie!



**FEBRUARY**  
**27, 2019**

**LIVING IN SOBRIETY POTLUCK**

Are you living a life of Sobriety? Come join us for our first Sobriety Potluck at the Gathering Center, they are the last Wednesday of each month from 5:30 – 7 PM.

This month the main dish will be Frito Pie bring your favorite side dish to go with it. This month's topic is just to get to know each other and have fun.

Have questions please call Joellen at 541-573-8003

**Are you living in  
Sobriety?**

---

**Do you know who  
in your community  
is Sober?**

---

**Do you need more  
Sobriety support?**

---

**What to hang with  
others in the  
community that  
are in Sobriety?**

---

**Do you want to  
know more about  
resources for  
Sobriety in the  
community?**

**Sponsored by:**

**Spirit  
Warriors**

**(A&D Program)**

# PARENTING CLASSES WITH A FOCUS AROUND ADDICTION AND RECOVERY



Come Learn more about  
Parenting with a Positive  
Focus

- Practice Self-Care
- Have Fun as a Family
- Focus on the Positive
- Build a Sense of Community
- Accept and Validate Feelings
- Assume Flexible Family Role

Starts February 26, 2019 it is a 17-week program from 12-3  
Every Tuesday

there are only 10 slots sign up soon, so you have a spot.

Have any questions please contact

Joellen 541-573-8003

Sponsored by:

Spirit Warriors

(A&D Program)





February 12th, 2019

At 7:00 p.m.—8:00 p.m.

HCSD #3 School Board Meeting

Will be held at the Gathering Center on the  
Burns Paiute Reservation.

All are welcome to attend. School administrators will give updates. Great opportunity to meet your Harney Country School District #3 board members and Superintendent. Public comments are welcomed and must be written and submitted before the meeting begins.

Thank you,  
Rhonda Holtby





# APPLY NOW!

## OREGON PRESCRIBED FIRE TRAINING EXCHANGES (TREX)

### Central Oregon TREX

**April 29 - May 10, 2019**

Questions? E-mail: [pcaligiuri@tnc.org](mailto:pcaligiuri@tnc.org)

### Ashland TREX

**May 13 - May 24, 2019**

Questions? E-mail: [amanda.stamper@tnc.org](mailto:amanda.stamper@tnc.org)

*The objective of the two-week TREX programs in Central and Southwest Oregon is to facilitate peer-to-peer, experiential learning for prescribed fire professionals and others interested in advancing innovative tools to restore fire-adapted ecosystems.*

*Participants will engage in hands-on training in the ecology of fire-adapted ecosystems, communications and community outreach, prescribed fire monitoring, operational assignments, prescribed fire use, and collaboration among a diverse array of participating individuals and organizations.*

SEE THE OREGON TREX APPLICATION  
PACKET FOR FURTHER DETAILS.

CLICK [HERE](#) TO APPLY FOR EITHER OF  
THE 2019 OREGON TREX EVENTS.

These TREX are supported by *Promoting Ecosystem Resilience and Fire Adapted Communities Together*, a cooperative agreement between TNC, USDA Forest Service and agencies of the Department of the Interior. An equal opportunity provider.







The Nature Conservancy in Oregon is providing up to ten tuition waivers and travel support for tribal members to support their attendance to the Oregon Prescribed Fire Training Exchange Events (TREX) in May of 2019. Selected applicants will receive a full tuition waiver for the training, as well as up to \$200 of travel reimbursement applicable to non-federal travel expenses. Application is due February 15.

To apply for the tuition waiver and travel support please fill out the information below and email to:

Central Oregon TREX: Pete Caligiuri ([pcaligiuri@tnc.org](mailto:pcaligiuri@tnc.org) - 541-693-4897)

Ashland TREX: Amanda Rau ([amanda.rau@tnc.org](mailto:amanda.rau@tnc.org) – 541-968-5851)

For more information on the Oregon TREX events you can visit <https://bit.ly/2R7OlxL>

### Scholarship Applicant Information

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_  
*Street Address* *Apartment/Unit #*

\_\_\_\_\_  
*City* *State* *ZIP Code*

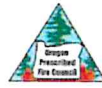
Phone: \_\_\_\_\_ Email \_\_\_\_\_

Tribal Affiliation:

Which Oregon TREX did you apply to (Circle):      Central OR      Ashland      Both

Primary Training Position or Experience Sought:

Why is this an important training for you and how will the TREX tuition waiver and travel support open the door for you to attend?



## OREGON PRESCRIBED FIRE TRAINING EXCHANGE (TREX) PROGRAMS

Central Oregon TREX – April 29 to May 10, 2019 – Bend, Oregon

Ashland TREX – May 13 to May 24, 2019 – Ashland, Oregon

### BACKGROUND

There is widespread recognition within conservation, restoration, and land management agencies across the state of the need to increase ecologically-based, landscape restoration. To do so will require the expanded use of prescribed fire to achieve a wide range of desired outcomes.

Significant barriers exist to expanded application of fire to achieve restoration and stewardship benefits in fire-adapted ecosystems. Such challenges highlight the need for collaboration between local, state, federal, and non-governmental organizations to achieve our shared goal of increased application of prescribed fire for ecological, economic, and social benefits.

Ongoing complementary efforts like the National Cohesive Wildland Fire Management Strategy, the Collaborative Forest Landscape Restoration Program, the Fire Learning Network, the Fire-Adapted Communities Network, and the Oregon Prescribed Fire Council underscore the timeliness of cross-organizational cooperative efforts to develop new tools, partnerships, resources, and strategies to increase the quality, pace, and scale of fire-adapted ecosystem restoration.

*The Oregon TREX Programs are a direct response to the growing need to demonstrate local leadership and innovative solutions towards our common goal of increasing the quality, pace and scale of fire-adapted ecosystem restoration and creation of fire-adapted communities.*

TREX is not a new concept. The TREX program is a component of the national Promoting Ecosystem Resilience and Fire Adapted Communities Together Cooperative Agreement between The Nature Conservancy, the USDA Forest Service and the agencies of the Department of Interior. Since 2008 more than 80 TREX events in more than a dozen states have contributed to more than 100,000 acres burned and 2,500+ fire practitioners acquiring new knowledge and skills. Similar training programs like the Prescribed Fire Training Center and Fire Use Training Academy deploy firefighters to planned events for training and evaluation opportunities. What is unique regarding the TREX program is the flexibility to tailor the training to local context and needs and the opportunity to harness regional knowledge, expertise, and resources.





## WHAT WILL I GET FROM THE OREGON TREX PROGRAMS?

### ECOLOGY OF FIRE-ADAPTED ECOSYSTEMS

*Increased knowledge of the ecological role of fire-adapted ecosystem restoration.* Participants will learn, share, and apply their knowledge of fire-adapted ecosystem restoration in and around human communities through experiential training in the classroom, the field, and on the fire-line.

### COMMUNICATION AND OUTREACH

*Improved understanding of the social dimensions of prescribed fire use in and around communities.* Participants will practice the art of crafting and conveying articulate, compelling messages to internal and external audiences regarding the role of fire and the need for prescribed fire to restore resilient, fire-adapted forests and promote fire-adapted communities.

### PRESCRIBED FIRE MONITORING

*Application of prescribed fire monitoring to evaluate treatment effectiveness.* Participants will learn, practice, and apply pre-fire, fire-effects, and post-fire monitoring methods and reporting protocols, a critical tool for evaluating the ecological and cost-effectiveness of prescribed fire use for restoration objectives.

### TRAINING OPPORTUNITIES

*Unparalleled peer-to-peer, experience-based teaching and learning environment.* Participants will train in the classroom, field, and on the fire-line emphasizing leadership and followership and the characteristics of high reliability organizations, with opportunities for position task book evaluation for FFT1, FEMO, PIO, SOFR, SRB (CRWB, ENGB, FIRB), and RXB2.

### ORGANIZATIONAL RELATIONSHIPS

*Cross-organizational collaboration among diverse fire organizations, fire practitioners, land stewards, conservationists, and resource specialists.* Participants will train with other prescribed fire practitioners who share a vested interest in landscape-scale restoration and the application of ecological fire, thereby reducing barriers to future cooperation and sharing of knowledge, skills, and resources.





## WHAT ARE THE OREGON TREX TRAININGS LIKE?

The objective of the two-week TREX programs in Central and Southwest Oregon is to facilitate peer-to-peer, experiential learning for prescribed fire professionals and others interested in advancing their understanding of ecological burning to restore fire-adapted ecosystems. Like other TREX programs (see National TREX infographic [HERE](#) and a Central Oregon TREX video [HERE](#)), participants will learn, practice, and share knowledge, skills, and experience in a unique, hands-on training environment. Participants will be exposed to new concepts, innovations, and best practices shared by a diverse set of fire practitioners, land stewards, conservationists, and resource specialists from a wide array of organizations. In this way, TREX is a two-way training and learning program, in which everyone is simultaneously a participant, a teacher, and a student.

The Oregon TREX curriculums will focus on five main themes:

1. Ecological and Social Landscape of Fire-adapted Ecosystems
2. Fire Effects and Treatment Effectiveness Monitoring
3. Communications, Public Outreach & Media Relations
4. Prescribed Fire Planning and Operations
5. Position Taskbook Training Opportunities

Participants will learn, share, and practice through a mix of classroom, field-based, and live-fire training with the help of experts from The Nature Conservancy, U.S. Forest Service, Bureau of Land Management, university and research institutions, and other partners.

The programs consist of approximately three days of classroom and field sessions, up to eight days of live-fire operations, and a final day of post-fire monitoring discussion and wrap-up. The exact schedule and mix of activities varies with each TREX and will be contingent upon weather and fuel conditions that will dictate when, where, and how training will take place. TREX cadre and operational staff will do their best to create as many position taskbook training and evaluation opportunities as safely possible. However, no guarantee can be made regarding the number of trainee assignments that will be available or the completion of position taskbooks during TREX.

**The cost to participate is \$300, due upon selection and acceptance to one of the Oregon TREX programs. Participants and employers are responsible for all paid and/or vacation time, including overtime, accrued during TREX. It is the participant's responsibility to inform supervisors of the training schedule, hours (approx. 10-12 hours/day), and costs to participate in TREX and make all logistical/administrative arrangements prior to arrival.**

Space is limited to approximately 40 participants per TREX, so if this program sounds like a fit for you and your organization submit your application ASAP. If you have additional questions, please contact:

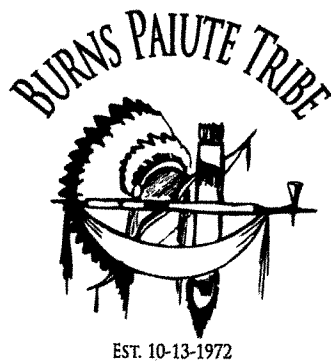
2019 Central Oregon TREX: Pete Caligiuri ([pcaligiuri@tnc.org](mailto:pcaligiuri@tnc.org) - 541-693-4897)

2019 Ashland TREX: Amanda Stamper ([amanda.stamper@tnc.org](mailto:amanda.stamper@tnc.org) – 541-968-5851)

**Applications (available online [HERE](#)) for the 2019 Oregon TREX programs are DUE NO LATER than February 15, 2019!**



This training is hosted by The Nature Conservancy in Oregon, the Oregon Fire Learning Network, U.S. Forest Service, and Bureau of Land Management. The FLN is supported by *Promoting Ecosystem Resilience and Fire Adapted Communities Together*, a cooperative agreement between The Nature Conservancy, USDA Forest Service and agencies of the Department of the Interior. This institution is an equal opportunity provider.



February 12th, 2019

At 7:00 p.m.—8:00 p.m.

HCSD #3 School Board Meeting

Will be held at the Gathering Center on the  
Burns Paiute Reservation.

All are welcome to attend. School administrators will give updates. Great opportunity to meet your Harney County School District #3 board members and Superintendent. Public comments are welcomed and must be written and submitted before the meeting begins.

# Become a Doctor, Become a Healer

Apply to Wy'east:

[www.ohsu.edu/nativehealth](http://www.ohsu.edu/nativehealth)

## Wy'east Timeline

- April 1st, 2019 application opens
- April 30th, 2019 primary application due
- May 31st, 2019 secondary application due
- June 2019 applicants interview
- July 2019 decision letters sent
- September 2019 Wy'east classes commence

**We accept up to 10 students each year.**

## Wy'east Costs

- No tuition or enrollment fee
- Students receive monthly stipend
- Students responsible for their own living expenses

**Wy'east courses located in Portland, Oregon. Online courses not currently offered.**

Wy'east Post-Baccalaureate Pathway

Robertson Life Sciences Building

2730 S.W. Moody Ave.

Portland, OR 97201

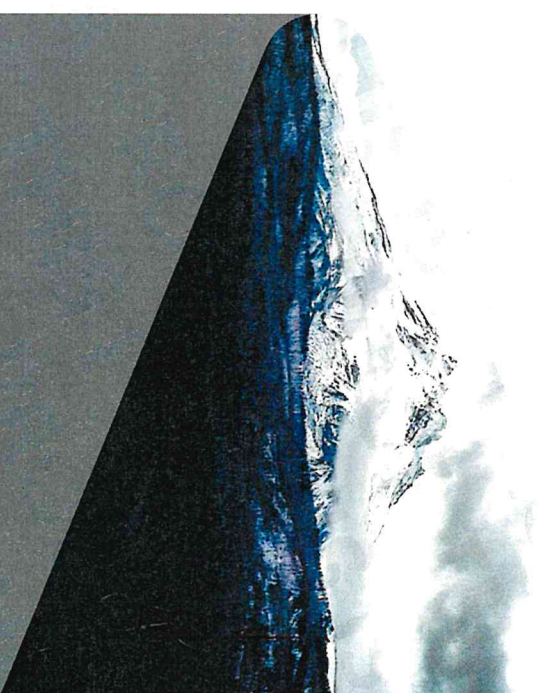
EMAIL [milmaris@ohsu.edu](mailto:milmaris@ohsu.edu)

[www.ohsu.edu/nativehealth](http://www.ohsu.edu/nativehealth)

NORTHWEST NATIVE AMERICAN CENTER OF EXCELLENCE

## Wy'east Post- Baccalaureate Pathway

Pathway to Medicine for American  
Indians/Alaska Natives

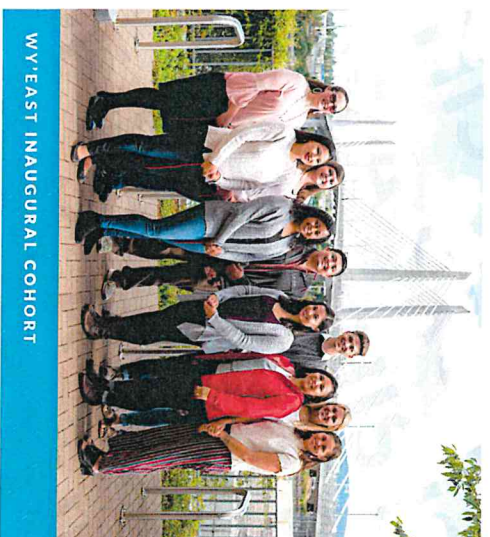


OHSU accepts most health plans.  
OHSU is an equal opportunity, affirmative action institution.



# Preparing American Indian/Alaska Native students to excel as physicians.

## “We’re trying to inspire people to serve those who need it most” – Dr. Erik Brodt, Anishinaabe



### Wy'east Post-

### Baccalaureate Pathway

Wy'east is a post-baccalaureate pathway for American Indian and Alaska Native students to prepare them to excel as medical students and physicians. Wy'east is intended for individuals who were not accepted to medical school or who do not possess a qualifying MCAT score for Oregon Health & Science University (OHSU).

#### Wy'east Pathway

- One year pathway (September – June)
- MCAT preparation course
- Foundations of biomedical sciences
- Population health and health disparities
- Academic skills and wellness
- Clinical observation
- Community-based research experience
- Cultural activities

*Wy'east is the traditional Chinookan name for Mt. Hood, a prominent feature of the Columbia River region.*

**Successful completion of the Wy'east Pathway results in conditional acceptance into OHSU School of Medicine**

**Conditional acceptance includes, but is not limited to:**

- Receiving a minimum MCAT score of 497 during the pathway year
- Successfully completing all course requirements

#### Wy'east Pathway Eligibility

- Completion of an undergraduate degree at an accredited 4-year college or university
- Completion of premedical coursework\*
- MCAT score 491 or greater
- Overall GPA 2.8 or greater
- American Indian or Alaska Native

\*OHSU premedical requirements can be found under admissions at [www.ohsu.edu/xd/education](http://www.ohsu.edu/xd/education)

#### Application Includes:

- Primary Application
- Secondary Application\*
- Unofficial transcripts
- 2 letters of recommendation

\*applicants receive secondary application if they meet the minimum eligibility criteria of the pathway

**Wy'east is not an official academic program at OHSU:**

- OHSU Financial Aid Office will not be used to process any funding a Wy'east scholar has (such as scholarships or grants).
- No degree will be awarded.







## Wy'east Post-Baccalaureate Pathway Frequently Asked Questions

---

### 1. How do I apply?

- a. The Wy'east online primary application will be found at [www.ohsu.edu/nativehealth](http://www.ohsu.edu/nativehealth) starting April 1st, 2019.
- b. A completed application will consist of:
  - i. Submission of online application
  - ii. Unofficial transcripts emailed to [nativehealth@ohsu.edu](mailto:nativehealth@ohsu.edu)
  - iii. Submission of two letters of recommendation emailed\* OR postmarked by May 31<sup>st</sup>, 2019. Send letters to:

Oregon Health & Science University  
Northwest Native American Center of Excellence  
Mail Code: CL2N  
3181 SW Sam Jackson Park RD  
Portland, Oregon 97239

Email: [nativehealth@ohsu.edu](mailto:nativehealth@ohsu.edu)

\*letters of recommendation can only be emailed by the recommender

### 2. What is the Wy'east Application Process?

- a. The application opens Monday, April 1<sup>st</sup>, 2019.
- b. The primary application is due Tuesday, April 30<sup>th</sup>, 2019
- c. The secondary application, and all supporting materials, are due by Friday, May 31<sup>st</sup>, 2019 at 2:00pm Pacific Standard Time.
- d. The online application consists of:
  - i. A short primary application
  - ii. A longer secondary application – you will be emailed a link to the secondary application within 3 business days after submitting the

primary application. You will be able to save and return to the secondary application.

- e. Mid-June, 2019 are the in-person interviews. Interviewees are responsible for their own travel and lodging. There is no available funding for travel or lodging assistance at this time.

**3. I'm not available to interview June, 2019. Can I interview a different day?**

- a. No. Unfortunately we cannot change our interview day and no alternative interview days will be available.

**4. Who should write my letters of recommendation?**

- a. College instructors, pre-health advisors, employers, etc. Anyone who can attest to your professional and academic abilities. Choose people who are able to comment on your ability to succeed in the Wy'east post-bac and as a medical professional.

**5. Who is Wy'east for?**

- a. The Wy'east Pathway is for students who do not possess a qualifying MCAT score for OHSU, or who have unsuccessfully applied for medical school.

**6. Who is eligible?**

- a. Eligibility includes:
  - i. Bachelor's degree
  - ii. Completion of premedical coursework
  - iii. Received score of 491 or greater on the MCAT
  - iv. Overall GPA 2.8 or greater
  - v. American Indian or Alaska Native from a federally recognized tribe.

**7. Will I receive a Certificate or Degree?**

- a. No official certificate or degree will be awarded upon completion of the Wy'east Pathway

**8. Can I receive Financial Aid?**

- a. No, you cannot receive Financial Aid through the Wy'east Pathway. Wy'east is not an official program at OHSU and you will not be considered

an OHSU student. The Financial Aid Office cannot be used to receive scholarship funds on behalf of a Wy'east scholar.

**9. What does Conditional Acceptance mean?**

- a. Conditional acceptance is a promise from OHSU that, upon successful completion of the Wy'east Pathway, the Wy'east scholar will be accepted into OHSU School of Medicine.
- b. If scholars successfully *complete* the Pathway in June 2019, they will matriculate into OHSU School of Medicine August of 2019 as first year medical students.

**10. What's required to successfully complete the Wy'east Pathway?**

- a. Successful completion of the Wy'east Pathway includes:
  - i. Qualifying MCAT score of 497 or greater from testing completed no later than spring of 2020 (if planning to matriculate into OHSU August 2020).
  - ii. Overall GPA of 2.8 or greater
  - iii. Satisfactorily meeting Wy'east Pathway policies including, but not limited to:
    1. attending all classes with no unexcused absences,
    2. obtaining a passing score during each end-of-block exam,
    3. completion of all weekly quizzes, and
    4. professionalism in all aspects of pathway activities.
  - iv. A more detailed handbook will be reviewed during Wy'east orientation.

**11. Will I need to resubmit my AMCAS Application?**

- a. To qualify for conditional acceptance scholars will need to have submitted an AMCAS application during the admissions cycle that corresponds with their matriculating year.
  - i. For example, if a Wy'east scholar will be matriculating into OHSU School of Medicine August, 2020 they will need to have an AMCAS application submitted during the 2020 application cycle.
- b. If a Wy'east scholar has an AMCAS application on file from the previous year of their projected OHSU matriculation date, then they will be required to submit an AMCAS application during the fall of their Wy'east Pathway year.



**12. Will I have to retake the MCAT**

- a. Yes, Wy'east scholars retake the MCAT in the spring of the Pathway year. To qualify for conditional acceptance into OHSU Wy'east scholars need a minimum 497 MCAT score.

**13. Will Wy'east pay for my MCAT?**

- a. There is no dedicated funding to pay for Wy'east Scholars MCAT exam. Please plan on paying for your MCAT exam in spring of the Pathway year.

**14. Can I attend remotely?**

- a. No. No online courses offered at this time.

**15. Moving to Portland, Oregon**

- a. All scholars will be responsible for moving costs to Portland, Oregon.

**16. Will I receive a stipend?**

- a. Yes, participants will receive a monthly stipend of \$840 while enrolled in Wy'east. The amount of the stipend depends on number of scholars who matriculate into the Pathway and is subject to change.
- b. It is expected that scholars will need to supplement their living expenses with additional funding through maintaining part-time employment, or some other funding opportunity.

**17. What is the Wy'east Academic schedule?**

- a. Wy'east Academic Pathway will be half days 9am-1pm Monday – Friday with flexible clinical shadowing hours in the afternoon once per week during the fall.
- b. The Pathway is September, 2019 – June, 2020.
- c. Scholars receive a two-week Winter Break, and a two-week Spring break.

**18. As a Wy'east Scholar am I considered an OHSU student?**

- a. Wy'east is not an official program at OHSU and you will not be considered an OHSU student. No credit is offered through Wy'east and no degree awarded.



**19. Please Note:**

**a. Funding**

- i. We cannot accept scholarship funds on behalf of a Wy'east scholar. We do not have access to use OHSU Financial Aid Office and most scholarship programs require use of the Financial Aid Office. You will NOT be eligible for financial aid as you are technically not considered a student while in the Wy'east Pathway per Financial Aid rules and regulations. Please make sure you are able to afford living expenses if you do not have access to scholarship or loan programs.

Any questions please contact:

[Nativehealth@ohsu.edu](mailto:Nativehealth@ohsu.edu)

